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B.C. tops Suzuki ranking on climate action

REPORT British Columbia is rated the best of all 13 provinces and territories when it comes to taking action against climate change, according to a new report by the David Suzuki Foundation.

Alberta is ranked last.

The report was released yesterday at the Council of the Federation meeting in Quebec City, where provincial and territorial premiers are meeting to discuss what they can do to reduce greenhouse gases.

The report says B.C.'s carbon tax, mandatory fuel-efficiency standards for vehicles and a commitment to cap emissions from industry makes the province a leader. It also praised Quebec for its plan to reduce emissions that is loosely in line with the Kyoto Protocol.

Alberta has skyrocketing emissions and no plans to reduce them any time soon.

METRO VANCOUVER

More on premiers meet on page 8 »

Share your thoughts »
vancouverletters@metronews.ca

Celebrity Buzz page 22

Weight gain for role: Longoria

Business page 9

HBC has new U.S. owner

local page 3

Businesses seek compensation for outage

RAFE ARNOTT/METRO VANCOUVER

Vancouver police Const. Jana McGuinness is swarmed by reporters at Clark Drive and East Broadway yesterday. Officers canvassed the area in an attempt to find witnesses to a deadly hit-and-run at the high-traffic intersection that claimed the life of a 45-year-old Vancouver man.

Search on for witnesses

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Vancouver Police officers spent yesterday afternoon in the hot sun canvassing commuters at Clark Drive and East Broadway in the hopes of finding witnesses to a fatal hit-and-run at that intersection.

A 45-year-old Vancouver man was found semi-conscious at the mouth of an alley on the northeast corner of the busy intersection around 4:30 p.m. on Tuesday.

He was taken to hospital where he died.

Const. Jana McGuinness said the man's family has asked for privacy and don't want his name released.

"The victim was able to say a few words before going into unconsciousness, and that was to describe the vehicle," McGuinness said, adding that he said the vehicle was large and dark.

"We've got a number of witnesses and some others have come forward just since being here today, so (canvassing) is working … no detail is insignificant."

Const. Blair Canning, with the collision investigation unit, said the public is the department's best asset.

"Our priority is to seek out more witnesses," he said.

This was the second deadly hit-and-run in the Lower Mainland in four days.

Early Saturday morning, a Surrey couple was killed when the car they were in was rear-ended.

The car slammed into a pole, killing Dilbag Badh and his wife Bakshish Badh, who were heading home from their daughter's engagement party.

The two male suspects ditched their car and ran off.

B.C. streets more dangerous than average, says StatsCan

STUDY British Columbian roads are more dangerous than the average Canadian street, according to a Statistics Canada study on motor vehicle accident (MVA) death rates released yesterday.

The report, Motor Vehicle Accident Deaths, looked at MVAs in Canada from 1979 to 2004, including pedestrian and cyclist fatalities.

Nationally, while there were nine motor vehicle-related deaths per 100,000 people from 2000 to 2004, that number rose to 10.2 in B.C.

Only Ontario and Newfoundland and Labrador had rates below the national level, at 7 and 7.8 respectively. Yukon territory had the highest rate, at 16.4 deaths per 100,000 people.

Report's annual rate

The number of Canadians who died from MVAs dropped by 52 per cent to 2,875 in 2004, from 5,933 in 1979.

The study also found that from 2000 to 2004, 38 per cent of MVA deaths were occupants of a vehicle, while pedestrians accounted for 12 per cent of MVA deaths.

More than one in three pedestrians killed in MVAs are seniors.

KRISTEN THOMPSON/METRO VANCOUVER

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YVR flies high in airport poll
YVR is the top Canadian airport and 12th best in the world, according to the annual survey conducted by Skytrax, a U.K.-based consultancy. Survey respondents listed Hong Kong Airport No. 1 for the seventh time. REUTERS

Local

Keying suspect gets bail

A man suspected of keying hundreds of cars in the Lower Mainland has been granted bail providing he stay with his parents and get a psychiatric assessment. Soo Yo Kim, 31, must also go to counselling.
NEWS1130.COM

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Lens darkens on building faults film

IRONY Omni Film Productions was filming a documentary on infrastructure failures when its Downtown Vancouver neighbourhood went dark on Monday.

The crew is still laughing at the irony, David Gullason, senior producer, said.

"I mean what are the chances," he added. "We're doing a show on system crashes and we can't do anything because the system just crashed."

Supersystems is a documentary about the vulnerability of vital infrastructures such as energy, transportation, finance and communications. It looks at how much humans rely on them and the disasters that can occur whey then fail.

Gullason said the power outage is a wakeup call.

"It's time for us to think of a backup plan if the power goes out or if the Internet goes down," Gullason said.

A rented power generator helped Omni producers keep working.

JOYCE YIP/FOR METRO VANCOUVER

Blackout losses rack up

But B.C. Hydro rep says financial compensation unlikely

JOYCE YIP
for Metro Vancouver

Hundreds of businesses in downtown Vancouver are seeking compensation from B.C. Hydro after a three-day power outage caused by an underground fire.

RAFE ARNOTT/METRO VANCOUVER

Some businesses remained closed yesterday, three days after the lights went out downtown following an electrical fire.

Adwar Malku, the owner of Pita Wrap Café on Pender Street, said he has suffered losses of more than $4,000 since the lights went out.

"I had to throw away $1,000 worth of food, and waste a few more thousands on generators," he said. "But if they pay, then they pay. If they don't, what can I do?"

Meanwhile, Al Fazeli, the owner of Suzette's Café, has lost up to $6,000 and he still doesn't know when his power will be back on.

"I've called the Power On phone line and it's the same answering machine message ... I had to throw everything away this morning."

While the Canadian Federation of Independent Business estimates a $36-million loss for small businesses in the area, a B.C. Hydro spokesperson said compensation is unlikely.

"We have an electric tariff for unpredictable outages that are beyond our control," Simi Heer said. "But we encourage customers to contact their insurance (companies)."

Mayor Sam Sullivan said compensation is warranted.

"Look at hotels, they don't promise power, but they offered support to their customers. So I hope B.C. Hydro will also have a heart for their customers."

Share your thoughts »
vancouverletters@metronews.ca

Olympics

Vanoc generating power backups

CAUTION Organizers of the 2010 Olympics are trying to ensure venues have double or triple power backups, Vanoc said yesterday, after an outage hit parts of downtown Vancouver.

"We've been working on this for a long, long time," Vanoc CEO John Furlong said. "We have to have systems that are absolutely reliable all the time."

Furlong said a team has been working to ensure that all venues have backups, such as a secondary power supply through a different substation, and sometimes backup backups, like diesel generators.

JEFF HODSON/METRO VANCOUVER

News in brief

ETHICS CKNW Radio commentator Bruce Allen's comment that minorities should "go home" if they don't like Canada's rules did not violate ethical codes, the Canadian Broadcast Standards Council ruled yesterday. But, it added the rant was inept and had a bullying tone. METRO NEWS SERVICES

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No smoking on this mountain

Grouse Mountain has decided to go smoke-free by winter. The resort, which would be the first in Canada to ban smoking, says tobacco doesn't fit with the healthy lifestyle it promotes. METRO VANCOUVER

Vanoc picks drug test lab

Richmond site costs $9.1M

JEFF HODSON
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The newly appointed head of Vancouver 2010's doping laboratory said she's not naïve enough to believe that some athletes will not try to cheat during the Winter Olympics.

"It's a problem of society," said Christian Ayotte, director of Canada's only World Anti-Doping Agency-accredited laboratory in Montreal.

"In our world, the athletes are our sons and daughters. They will do exactly, with the same attitude, what we are doing with our buddies.

"If we feel there is a pill and injection or surgery to achieve whatever goal we want to achieve in life, no doubt the athletes are going to do exactly the same thing."

Vancouver Olympic organizers confirmed yesterday the 2010 anti-doping lab would be located within the Richmond Ice Oval.

Having the lab at the oval — as opposed to placing it in an existing lab — more than doubled its price tag to an estimated $9.1 million up from the $4.1 million that was budgeted.

Vanoc CEO John Furlong said the additional $5 million would be covered by "economies" within Vanoc's operating budget.

Ayotte's team begins operations with the opening of the Olympic village and expect to do 2,000 tests.

After Olympics

- After the Olympics, the lab will be converted into a sports medicine clinic for athletes and the public

Share your thoughts »
vancouverletters@metronews.ca

Team Canada **Hockey coaches**

JEFF HODSON/METRO VANCOUVER

Hockey Canada unveils the coaches for the women's hockey and men's sledge hockey teams yesterday in Vancouver. From left: Michale Mondin, Shawn Frydberg, Jeff Snyder (sledge head coach), Peter Smith, Doug Lidster and Melody Davidson (women's head coach).

Massive apartment fire suspicious: Cops

KRISTEN THOMPSON
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Police in Abbotsford are describing a massive fire that destroyed a four-storey apartment complex, which was under construction, as suspicious.

The fire broke out around 11:50 p.m. on Tuesday at the corner of McCallum and Marshall Roads.

By the time the fire department arrived the wood frame structure was completely engulfed. Witnesses said the flames shot 30 metres in the air.

Abbotsford Police Const. Casey Vinet said yesterday that several nearby homes and businesses had to be evacuated because of the intense heat.

"Despite the best efforts of nearly 100 Abbotsford Fire and Rescue personnel it appears the building is a complete loss," he said. "Damage is expected to be in the millions."

Vinet said there are no reported injuries.

Games crew eyes Beijing

TIPS Vancouver 2010 is sending a small delegation to Beijing next month to watch the Games and see how organizers handle large logistical challenges.

Vanoc CEO John Furlong said the mission would observe how China handles things like transportation management, crowd control and feeding athletes.

"One of the things that's most interesting for us will be how the organizing committee deals with adversity during the Games," he said. "The unexpected, managing the things they were not ready for."

The mission of 36 people for the Olympics and 12 people for the Paralympics is roughly half the size of the group Vanoc sent to the 2006 Games in Torino.

JEFF HODSON/METRO VANCOUVER

News in brief

MODEL Friends and family of a Saltspring Island model killed in China will say their final good-byes to Diana O'Brien at a memorial service on Sunday, news1130.com reports. The 22-year-old was found dead in an apartment in Shanghai on July 6. METRONEWS SERVICES

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Thieves siphoning gas
The high price of fuel has led to an increase in diesel theft in B.C. Thieves have been siphoning gas from transport trucks, heavy equipment machinery and long-term parking lots. NEWS1130.COM

letters

White Pages in the recycling bin

Re: "White Pages are out and in the recycling bins?" Yellow Pages Group's network of websites is the seventh most visited in Canada with its 10 million unique visitors monthly. In addition, 74 per cent of Canadians have used a print or online directory over the past month.

-ANNIE MARSOLAIS, COMMUNICATIONS, YELLOW PAGES GROUP

Helmet fine odd in comparison

After seeing a bicyclist get a ticket yesterday for not wearing a helmet, I was reminded that taking heroin in parts of Vancouver is legal ... But not wearing a helmet while cycling is a crime throughout the entire municipality?

- RON FUSSELL, VANCOUVER

E-mail letters to vancouverletters@metronews.ca. Metro reserves the right to edit all letters.

Gastown leaves Vancouver smoking

JOYCE YOP
for Metro Vancouver

More than 35,000 people lined east-end sidewalks to watch the annual Tour de Gastown bicycle race, which last night featured five Olympics-bound riders.

Nearly 200 riders competed in the super-fast 1.2-kilometre course that features a wild hairpin turn near Water and Cordova streets.

Organizer Jonathan Wornell said the great weather boosted the event.

"If you came last year, you'll know that it was pouring," he said. "So this year, we definitely expected a lot more people because it's a lot dryer and safer."

Since 1973, hundreds of cyclists from across North America have competed in the Tour de Gastown, which this year features $15,000 in prize money. The event is also a fundraiser for the B.C. Cancer Foundation and was expected to raise at least $10,000 for the charity.

RAFE ARNOTT/METRO VANCOUVER

Competitors fly past thousands of cheering fans on the tight hairpin turn from Water Street to Cordova Street during the 2008 Tour de Gastown last night. Gina Grain, Burnaby, finished first overall in the women's race and Andrew Pinfold, North Vancouver, finished first in the men's race.

RAFE ARNOTT/METRO VANCOUVER

Tour de Gastown women's champion Gina Grain ponders her win at the finish line.

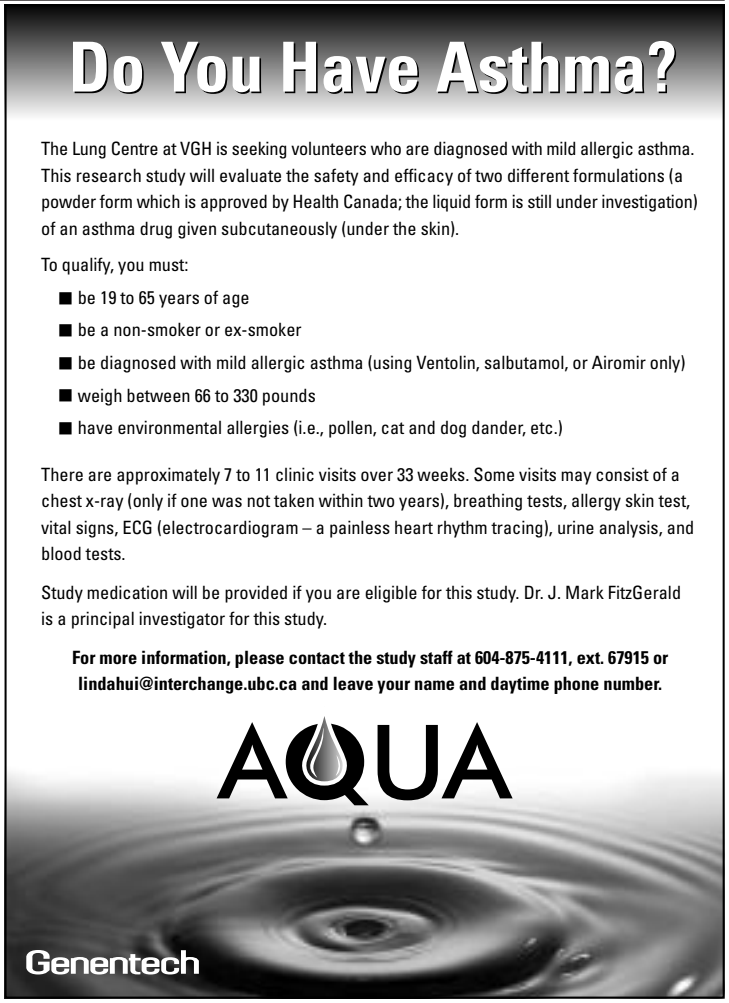
Race results

Women's Top 3

1. Gina Grain, Burnaby, Webcor Builders Cycling Team
2. Kelly Benjamin, Kansas City, Missouri, Cheerwine Pro Cycling.
3. Ruth Corset, Condon, New Zealand, Jazz Apple Cycling Team.

Men's Top 3

1. Andrew Pinfold, North Vancouver, Symmetrics Cycling
2. Hilton Clarke, Sydney, Australia, Toyota United Cycling Team
3. Zach bell, Burnaby, Symmetrics Cycling


Do You Have Asthma?
The Lung Centre at VGH is seeking volunteers who are diagnosed with mild allergic asthma. This research study will evaluate the safety and efficacy of two different formulations (a powder form which is approved by Health Canada; the liquid form is still under investigation) of an asthma drug given subcutaneously (under the skin).
To qualify, you must:
■ be 19 to 65 years of age
■ be a non-smoker or ex-smoker
■ be diagnosed with mild allergic asthma (using Ventolin, salbutamol, or Airomir only)
■ weigh between 66 to 330 pounds
■ have environmental allergies (i.e., pollen, cat and dog dander, etc.)
There are approximately 7 to 11 clinic visits over 33 weeks. Some visits may consist of a chest x-ray (only if one was not taken within two years), breathing tests, allergy skin test, vital signs, ECG (electrocardiogram – a painless heart rhythm tracing), urine analysis, and blood tests.
Study medication will be provided if you are eligible for this study. Dr. J. Mark FitzGerald is a principal investigator for this study.
For more information, please contact the study staff at 604-875-4111, ext. 67915 or lindahui@interchange.ubc.ca and leave your name and daytime phone number.
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Soldier remembered

More than 300 people crowded inside a chapel at CFB Gagetown in New Brunswick yesterday to pay their respects to Pte. Colin Wilmot, 24, a medic who died from his injuries on July 5 after an explosive device detonated while he was on patrol in Afghanistan's Panjwaii district. **SOURCE: CBC NEWS ONLINE**

Canada

Hawking not moving to Canada

The University of Cambridge has denied reports its most famous physicist might be coming to Canada to work, saying yesterday Stephen Hawking "has no plans" to leave. Cambridge's statement called a report in the U.K.'s Daily Telegraph "unfounded speculation." Neil Turok at Waterloo's Perimeter Institute has extended an open invitation to the theorist, and current talks surround a possible Hawking visit later this year. SOURCE: CBC NEWS ONLINE

When fury takes the wheel

Anyone can succumb to road rage: Experts

BRIAN TOWIE
Metro Canada

Who does your typical road rager look like? You.

The phenomenon of fury behind the wheel has come to the fore once again after 55-year-old Antonio Greco was killed in what police are calling a deadly act of road rage last week on the James Snow Parkway near Milton, Ont.

Wayne Winsor, 39, faces charges of leaving the scene of an accident, criminal negligence and dangerous driving.

The victim's family has since called for an end to aggression on the roadways.

But neither Greco nor Winsor fit the description of what experts have called likely road rage perpetrators: young males under 30. Experts say that while a case this extreme is rare, it's proof that anyone, particularly successful people, can blow their top and put themselves and others in harm's way.

It's more common than one might think: Angelo DiCicco, a 21-year driving instructor and general manager at Young Drivers of Canada, says out of the more than 500 professional drivers his school retrains per year, 95 per cent say they have been the subject of or subjected to road rage.

"The most common acts of road rage don't come from the Charlie Manson types who carry the bloody axe in the seat next to them, they come from people with above-average incomes and education," adds Sgt. Cam Woolley of the Ontario Provincial Police.

"They're successful people who interact well with the community around them and are referred to in a positive way. I think it's a control issue. These people are used to being in charge of their lives, so when they get cut off or someone tailgates them, they react the wrong way."

"The most common acts of road rage don't come from the Charlie Manson types ... they come from people with above-average incomes and education."
OPP Sgt. Cam Woolley

JIM WILKES/TORSTAR NEWS SERVICE

Firefighters work on the crumpled remains of a Yukon SUV on Highway 401 near Milton, Ont. One person died in the crash, which police say was fuelled by road rage.

Dallaire joins Khadr debate

DETAINED Liberal Senator Roméo Dallaire yesterday challenged Prime Minister Stephen Harper's stance on the fate of Guantanamo detainee Omar Khadr, calling the Guantanamo trial an abuse of law, adding that Canada's influence internationally will diminish if government support for the prosecution continues.

Harper declined an interview request.

TORSTAR NEWS SERVICE

Tory MPs say probe is just a 'PR stunt'

OTTAWA A Commons' probe into Tory election financing yesterday erupted in shouting and accusations that the probe, according to Tory MPs, is nothing more than a "Liberal PR stunt."

TORSTAR NEWS SERVICE

Premiers' green plans far apart

Despite talk of working together, the annual premiers' conference opened with rival camps in the climate change debate digging in their heels.

Ontario Premier Dalton McGuinty wants a national initiative to build a cleaner, greener car while putting a price on emissions through a "cap and trade" system.

Alberta Premier Ed Stelmach warns against such new energy taxes and wants to reduce greenhouse gases by capturing carbon and storing it like nuclear waste.

As Canada's premiers began three days of meetings yesterday, there were hopes they could focus on what unites them — hopes that were quickly dashed by differences that seem as intractable as ever.

Saskatchewan's Brad Wall urged the other premiers to resist attempts to tap into their oil wealth to combat global warming, saying, "maybe it's time for a bit of man-on-the-moon type of language from all the leaders in Canada around an investment we can all make in technology" rather than trying to forge an impossible consensus on cap-and-trade.

TORSTAR NEWS SERVICE

REUTERS/MATHIEU BELANGER

Premiers, including B.C.'s Gordon Campbell, right, took a cruise on the St.Lawrence River yesterday during the Council of the Federation in Quebec City.

Aboriginal affairs

Leaders from several of the country's main native groups met with the premiers and territorial leaders on the opening day of the Council of the Federation's annual gathering, and both sides agreed to press for a federal-provincial meeting to resuscitate key elements of the failed Kelowna accord on alleviating aboriginal poverty, as well as to discuss the poverty crisis affecting aboriginal communities across Canada.

News in brief

HALIFAX Half a dozen fans waited more than seven hours to see Rosie O'Donnell yesterday, but were disappointed when the outspoken star didn't leave her ship. O'Donnell was visiting Halifax as part of a seven-day cruise of Eastern Canada and New England that caters to gay and lesbian families and is organized by her partner, Kelli.

HEALTH In the wake of a controversy involving inaccurate pathology test results — the most prominent being lab errors in Newfoundland and Labrador, which likely led to incorrect treatments for almost 400 breast cancer patients between 1997 and 2005 — the Canadian Association of Pathologists released new guidelines yesterday that call for test results to be verified by an external, independent lab, CBC News Online reports.

TERROR TRIAL Zeba Khan, former fiancée of accused terrorist Momin Khawaja, is scheduled to appear by video link-up from Dubai as a witness for the Crown next week. She is expected to expand on the e-mails the two traded over a six-month period when she lived in Pakistan. Khawaja, who was born and raised in an Ottawa suburb, had visited her twice in Pakistan in 2003.

FOOD The Canadian Food Inspection Agency is considering whether to stop paying farmers to identify cattle suspected of having mad cow disease, a CFIA official said yesterday.

METRO NEWS SERVICES

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Colombia admits to misusing Red Cross symbol
Colombia misused the symbol of the Red Cross in this month's military rescue of politician Ingrid Betancourt and 14 other rebel-held hostages, it said yesterday, admitting a possible violation of the rules of war. REUTERS

World/Business

Contrasting emotions

Hezbollah celebrate prisoners' return, Israel mourns

Hezbollah leader Sayyed Hassan Nasrallah, in a rare public appearance, welcomed five Lebanese freed from captivity in Israel yesterday after his guerrilla group returned the bodies of two captured Israeli soldiers.

Nasrallah, who moves in secret for security reasons, emerged briefly to embrace the ex-prisoners at a rally in Beirut and declared the exchange a victory for Hezbollah and Lebanon.

"This people, this nation and this country, which gave a clear image today, cannot be defeated," he told the crowd before leaving to deliver a speech by video link from a safe location.

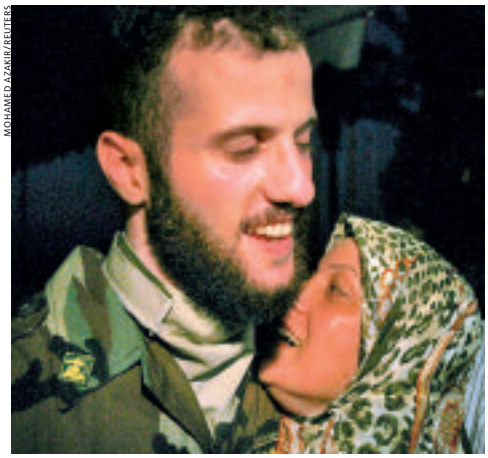
A grim mood prevailed in Israel, where the prisoner swap was widely seen as a painful necessity two years after the capture of the two Israeli army reservists sparked a 34-day war in which about 1,200 people in Lebanon and 159 Israelis were killed.

"This people, this nation and this country, which gave a clear image today, cannot be defeated."
Hezbollah's Sayyed Hassan Nasrallah

Among the released captives was Samir Qantar, who had been Israel's longest-serving Lebanese prisoner and whom Israelis revile for his part in a 1979 Palestinian guerrilla attack.

The International Committee of the Red Cross brought the men to the border town of Naqoura. Wearing military fatigues, they marched down a red carpet flanked by a Hezbollah honour guard.

REUTERS


MOHAMED AZAKIR/REUTERS

Released Lebanese prisoner Hussein Suleiman hugs his mother upon his arrival at Beirut airport during a ceremony to celebrate his return from Israel yesterday. Five Lebanese freed from captivity in Israel were flown to a heroes' welcome in Beirut yesterday.

Business

HBC sold to owner of U.S. retail chain

RETAIL Hudson's Bay Co., whose name is synonymous with Canada's frontier past, was bought yesterday by the U.S.-based private equity fund that owns the Lord & Taylor department store chain, one of the oldest names in U.S. retailing.

NRDC Equity Partners said it would invest $500 million in new equity into the combined company, which also owns specialty U.S. retailer Fortunoff and Creative Design Studios.

Richard Baker, who will head the new holding company called Hudson's Bay Trading Co., said Lord & Taylor could launch 10 to 15 stores in Canada to bridge the gap between The Bay and the more high-end Holt Renfrew.

Baker said the company could take "oversized" Bay locations, such as its store in downtown Toronto, and better utilize the space by putting in a Lord & Taylor or Fortunoff as well.

"Part of the problem The Bay has is they have too many way oversized stores in great markets."
Richard Baker

"Part of the problem The Bay has is they have too many way oversized stores in great markets, and we have the answer, we're going to solve the problem," he said.

TORSTAR NEWS SERVICE

News in brief

POLL Democrat Barack Obama has a seven-point lead on Republican John McCain in the U.S. presidential race, and holds a small edge on the crucial question of who would best manage the economy, according to a Reuters/Zogby poll released yesterday.

Barack Obama

RELEASED Malaysian opposition figure Anwar Ibrahim, who was arrested yesterday on a sodomy complaint, has been freed on police bail, his lawyers said.

RELIGION Saudi Arabia's King Abdullah called on followers of the world's major faiths to turn away from extremism and seek reconciliation as he opened an unprecedented interfaith conference in Madrid yesterday.

REUTERS

Nuke concessions unlikely: Iran

Iran signalled yesterday it did not plan to make major concessions on its nuclear program at talks this week to be attended by world powers including the United States.

Supreme Leader Ayatollah Ali Khamenei said Iran was ready to negotiate but showed no sign of backing down on the issue at the centre of the dispute — Iran's refusal to halt atomic activities.

The United States will send a senior envoy, Under Secretary of State William Burns, to Geneva to discuss Tehran's response to an offer of incentives in exchange for suspending uranium enrichment, which the West believes is aimed at making nuclear bombs.

The Bush administration said sending Burns was intended to send a signal to Tehran and others that it wants to find a diplomatic solution to the impasse.

But Washington said it would not join full-blown negotiations unless Iran halts its uranium enrichment program.

"Nothing has changed," White House spokeswoman Dana Perino said in Washington. "If they don't accept this offer, one, there will not be negotiations and two, there will be additional sanctions," she said.

Burns will join European Union foreign policy chief Javier Solana and envoys from China, Russia, France, Britain and Germany in Saturday's discussions with Iranian nuclear negotiator Saeed Jalili.

The U.S. government had previously said it would not take part in pre-negotiations with Iran unless it halted enrichment, a demand which Iranian officials have described as a "red line" for Tehran.

Iran has given no indication it will accept such a freeze.

Iran, the world's fourth-largest oil producer, says it wants to enrich uranium only to produce electricity so that it can export more crude oil and gas.

REUTERS

standoff

The standoff over Iran's nuclear drive has sparked speculation about a military confrontation with the United States or Israel and helped push oil prices to record highs. U.S. leaders have not ruled out military options if diplomacy fails to resolve the dispute. Israel, long assumed to have its own atomic arsenal, has vowed to prevent Iran from becoming a nuclear-armed power, and staged an air force exercise in June that stoked speculation about a possible assault on Iranian nuclear sites.

News in brief

JOBS REPORT CIBC World Market's latest Employment Quality Index report suggests that full-time job growth in sectors such as mining, farm product distribution, Internet services and the manufacturing of beverages, tobacco, and electronic and printing products is up six per cent since last year. But it also found "low-paying sectors," such as repair and maintenance, has risen less than one per cent.

TORSTAR NEWS SERVICE

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Beach volleyball
Canadian beach volleyball players Annie Martin and Dana Cooke have failed to qualify for Beijing. METRO NEWS SERVICES

Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Comeback win keeps hopes alive

BASKETBALL Coming off one of its more stirring comeback victories and still clinging to a chance to qualify for the Games, the Canadian men's senior team faces a stern task, having dismissed one of its top players. Even before a dramatic 79-77 victory over Korea yesterday, officials had booted centre Samuel Dalembert.

Gymnast Hamm joins men's team

GYMNASTICS Gymnast Morgan Hamm has been confirmed as a member of the U.S men's team despite receiving a public warning from the United States Anti Doping Agency.

U.S. coach Graham banned for life

ATHLETICS Former elite athletics coach Trevor Graham has been banned for life for violating anti-doping rules, the U.S. Anti-Doping Agency said. He is the former trainer of Marion Jones and Justin Gatlin.

METRO NEWS SERVICES

Tomorrow's lineup

CITY UNDER SIEGE Is the Olympic party over even before it begins? With every passing day, Beijing is slowly going into lockdown. Read tomorrow's Metro for more.

21 days remain until the official start of the 2008 Summer Olympic Games in Beijing.

Millar making history

Dean of Canadian riders going to 9th Games

Ian Millar is practically giddy as he rhymes off the attributes of In Style, his No. 1 horse: Durability, wonderful, natural technique and a knack for rising to the occasion.

"This horse just automatically dials up to the right level," says Millar. "I only have to think, 'Let's go' and he's gone, bang."

The 61-year-old dean of Canadian riders — the man they call Captain Canada — could be describing himself.

If Millar is slowing down at all, he has a strange way of showing it. He keeps his lean 6-foot-2, 175-pound frame in remarkable shape — he credits an hour of stretching every morning — and he remains among the top show jumpers in the world.

He has eight Olympics under his belt, more than any Canadian athlete, and will equal the record of Austrian sailer Hubert Raudaschl with a ninth appearance in Beijing. His strong performance at the Pan Am Games last summer helped the Canadian show jumping team earn an Olympic berth.

"When you've got your hat off and you're saluting the flag and they're playing O Canada, that's the real deal right there."
Ian Millar

For all his accomplishments, which include back-to-back wins in the prestigious World Cup with the legendary Big Ben in the 1980s, Millar has yet to step on an Olympic podium. He believes In Style, which he plans to bring to Beijing, has the qualities to help change that.

"If he has his week, absolutely, he could be a gold medal winner, no question," says Millar, whose competitive embers burn brightly. He can't imagine not doing this and sees himself striving for the Olympics beyond Beijing. He remembers hearing about a swimmer who retired because he got tired of immersing himself in "that cold vat of chemicals and swimming up and down the pool, up and down the pool."

"The competition aspect he still really loved; it was the idea of the conditioning process he wasn't liking so much anymore," says Millar.

"We're very fortunate with the horses. It's just to go out and ride them every day. You're working with their minds as much as with their bodies. It's a very challenging, interesting process to go through."

Millar's leadership abilities as Captain Canada were on display last year at the Nations' Cup when Canada held a slight lead after the first round. He looked at teammates Eric Lamaze, Erynn Ballard and Mario Deslauriers and made a simple request.

"You know, I'd just as soon not ride this second round so make sure you jump clean," said Millar, who, as the ace on the squad, rides last traditionally. "They looked at me and just nodded. Then, they went out and did it.

"There's nothing that gives me more pleasure. I'd rather win a Nations' Cup somewhere or Pan Am Games with a team than win a $100,000 Grand Prix. It's really not about the money. It's riding for Canada that drives me. When you've got your hat off and you're saluting the flag and they're playing O Canada, that's the real deal right there."

TORSTAR NEWS SERVICE

Facts

NAME: Ian Millar
HOMETOWN: Perth, Ont.
BORN: Jan. 6, 1947
HEIGHT: 6'2.
WEIGHT: 175 lbs.

Ian Millar is among the top show jumpers in the world.

HANS DERYK/ TORSTAR NEWS SERVICE

RUNNING 10K AGAINST PEOPLE FROM MONTREAL WILL UNDOUBTEDLY BE SAFER THAN DRIVING IT WITH THEM.

VANCOUVER vs MONTREAL

THE HUMAN RACE 10K
8.31.2008
JUST DO IT.

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less... blah blah blah blah blah blah blah blah blah

NHL
The Atlanta Thrashers have agreed to terms with restricted free agent goaltender Kari Lehtonen. Lehtonen, 24, went 17-22-5 with four shutouts, a 2.90 goals-against average and a .916 save percentage in 48 games with Atlanta last season. METRO NEWS SERVICES

Sports

Oilers give Horcoff security

The Edmonton Oilers signed centre Shawn Horcoff, left, to a six-year contract extension yesterday. The 29-year-old native of Trail, B.C., was Edmonton's second- leading scorer this past season, compiling 21 goals and 29 assists in 53 games before undergoing shoulder surgery.

Metro News Services

SPORTS EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

No Tiger, no problem

Contenders not too upset world No. 1 missing at Open

The British Open will enter unusual territory in today's opening round when a major championship takes place without Tiger Woods for the first time in more than a decade.

RUSSELL CHEYNE/REUTERS

Adam Scott of Australia signs autographs during the final day of practice yesterday ahead of the British Open at Royal Birkdale in Southport, England.

The American world No. 1 has been sidelined for the rest of this year while he recovers from reconstructive knee surgery, opening the door for players such as Ernie Els and Sergio Garcia.

Woods has triumphed six times in the last 14 majors, a remarkable record in a game renowned for its fickle nature, and his absence from any tournament clearly opens up the field.

Midway through last month British bookmakers William Hill listed him as a 5-2 chance to win the Open. After Woods ended his playing schedule for the year, Els and Garcia were installed as joint favourites at 12-1.

A triple champion at the Open, Woods will be sorely missed at Royal Birkdale, but Els and his rivals plan to take full advantage.

"I'm not overly disappointed he's not here," a smiling Els told reporters in the build-up to the third major of the season.

"For the tournament itself, it's a big blow, and for world golf, not to have the number one player playing, it's very different. You've got to talk about a lot more other players.

"I think he is so far ahead in the race we've kind of sagged back a little bit. Phil (Mickelson) still is the true No. 2 in the world."

Woods has not missed a major since the 1996 U.S. PGA Championship.

"This week there are quite a lot of players in the mix to stake a claim to be a favourite," added South African Els, British Open champion at Muirfield in 2002.

"For once I think everybody can be very excited."

Garcia, beaten by Irishman Padraig Harrington in a playoff in last year's Open at Carnoustie, shrugged off his billing as a Birkdale favourite.

"It doesn't feel any different," said the 28-year-old Spaniard who has posted six top-10 finishes in his last seven Open starts. "At the end of the day I know I've got to be favourite myself, in me."

REUTERS

winner's list

Recent British Open winners:
2007 Padraig Harrington
2006 Tiger Woods
2005 Woods
2004 Todd Hamilton
2003 Ben Curtis
2002 Ernie Els (South Africa)
2001 David Duval
2000 Woods

Sports in brief

NHL The Los Angeles Kings are reportedly set to hire Terry Murray as their new head coach. The Los Angeles Times reports that, barring a last-second veto by any of the club's owners, the Kings will give their coaching job to Murray, who was an assistant coach with Philadelphia.

NBA The Toronto Raptors signed point guard Roko Ukic to a three-year contract yesterday. METRO NEWS SERVICES

CYCLING The Tour de France was hit by doping again yesterday when Moises Duenas Nevado became the second Spaniard to test positive for erythropoietin (EPO).

REUTERS

LOTTERIES

Lotto 6/49	3, 10, 16, 17, 25 & 39. Bonus 19.
B.C. 49	7, 16, 24, 28, 32 & 47. Bonus: 45.
Extra	26, 80, 81 & 85. Results not official

SCOREBOARD

MLB

LAST NIGHT
No games scheduled
TONIGHT'S GAMES
AMERICAN LEAGUE
Detroit at Baltimore, 4:05
NATIONAL LEAGUE
N.Y. Mets at Cincinnati, 4:10
San Diego at St. Louis, 5:15
Pittsburgh at Colorado, 6:05

CFL

WEST DIVISION

	W	L	T	GB
Saskatchewan	3	0	0	6
Edmonton	2	1	0	4
Calgary	2	1	0	4
B.C.	1	2	0	2

EAST DIVISION

	W	L	T	PTS
Montreal	2	1	0	4
Hamilton	1	2	0	2
Toronto	1	2	0	2
Winnipeg	0	3	0	0

WEEK 4
TONIGHT'S GAME
Hamilton at Calgary, 6
TOMORROW'S GAME
Winnipeg at B.C., 7
SATURDAY'S GAME
Montreal at Saskatchewan, 4
SUNDAY'S GAME
Edmonton at Toronto, 1

SOCCER

GAMES FEATURING THE VANCOUVER WHITECAPS MEN'S TEAM:
SATURDAY'S GAME
VANCOUVER at Prince George All-Stars, 2

BASEBALL

NORTHWEST LEAGUE GAMES FEATURING THE VANCOUVER CANADIANS:
LAST NIGHT'S RESULT
VANCOUVER 4 Salem-Keiser 1
TONIGHT'S GAME
VANCOUVER at Eugene, 7:05

Favre saga rolls on with tampering charge filed

NFL The Brett Favre retirement story continues to make interesting news with two developments yesterday, including a tampering claim.

Fox Sports reports Green Bay filed tampering charges with the NFL against the Minnesota Vikings for alleged communication with the future Hall of Fame quarterback, even though Favre's still a member of the Packers. The network reports Favre had inappropriate dialogue with Vikings offensive coordinator Darrell Bevell, a former assistant coach with the Packers and a close friend of Favre's.

If the Vikings are found guilty of tampering by the league, they could be fined or lose draft picks.

Fox reports the NFL is currently in the "information-gathering mode" about the allegations.

Favre

Also yesterday, Favre's agent, Bus Cook, told ESPN that as of this point there were "no definite plans for reinstatement." Cook also told the cable network that Favre has made it pretty clear "he is not willing to come in as a backup" to Aaron Rodgers.

In a TV interview on Monday, the 38-year-old Favre admitted he pulled the trigger on retirement too early and that he's ready to play.

METRO NEWS SERVICES

Breaking down the NHL's spin

ToulBox

Scott Rintoul
scott.rintoul@metronews.ca

10-14

NHL Deputy Commissioner Bill Daly admitted that some NHL teams received between $10-$14 million in revenue sharing last season.

It's hard to keep up with the spin the NHL is trying to put on its financial situation these days.

In an interview on the TEAM 1040 yesterday morning, NHL Deputy Commissioner Bill Daly said there's no need to worry about the massive contracts being signed just three years after the lockout because salaries are tied directly to league revenues.

Salaries are up because revenues are up said Daly, but he didn't elaborate on the cause of the increase.

When asked if the stronger Canadian dollar boosted league revenues, Daly said only 3 per cent of the league's 12 per cent growth over the past year had to do with the loonie, and that this past season is the first time our dollar has boosted the profit.

Perhaps, he wasn't accounting for the higher ticket prices at consistently sold out Canadian arenas or the whopping broadcast fees contributed by CBC and TSN compared to the pennies contributed by their American counterparts.

When asked about the issue of relocation, Daly confessed it was an ongoing topic of discussion, but not to expect it anytime soon.

That flies in the face of a report in Nashville where now-bankrupt minority owner William "Boots" Del Baggio is said to have told potential investors that the Predators would be Kansas City-bound in the near future.

Daly would also not divulge how many clubs lost money last season, and admitted that some teams receive anywhere from $10-$14 million in revenue sharing.

How long do you think the few owners generating the majority of the income are going to put up with that?

Make no mistake about it; all is not well behind the scenes of the rosy financial picture being painted by the NHL.

• The NHL schedule will be released in its entirety today, and the Canucks will factor prominently on opening night. Vancouver will begin the season the same way it finished the last, with a game against Calgary. The big difference ... Todd Bertuzzi will be in a Flames' jersey when the puck drops at the Garage on October 9th.

NHL Deputy Commissioner Bill Daly said there's no need to worry about the massive contracts being signed just three years after the lockout because salaries are tied directly to league revenues.

• Nice showing by the Canadian contingent in Tuesday's marathon of an MLB All-star game.

New West's Justin Morneau followed up his Home Run Derby victory by going 2-for-4 and scoring the winning run for the American League in the bottom of the 15th inning. Gibson's Ryan Dempster was outstanding in his one inning of relief, striking out all three batters he faced, while National League teammate Russell Martin went 1-for-3 with the lumber and made an outstanding tag at home plate in the 11th inning to keep the game tied.

Want to weigh in? Email me at scott.rintoul@metronews.ca.

Biofuels costly, little impact on cutting emissions: OECD

Public support for biofuels is costly and has little impact in cutting greenhouse gas emissions so governments would do better promoting lower energy consumption to fight climate change, the Organization for Economic Co-operation and Development said yesterday. REUTERS

Going Green

Emissions sources

Sources of personal greenhouse gas emissions in Canada, according to Greeniology: How To Live Well, Be Green And Make A Difference by Tanya Ha: Passenger road transport (49.9 per cent), space heating (28.7 per cent), water heating (11.1 per cent), appliances (7.5 per cent), lighting (2.4 per cent), space cooling (0.3 per cent) METRO NEWS SERVICES

Cycling routes not equal

Some bicycle paths expose riders to more pollution

Eco-Minded

With rising gas prices, some of us are abandoning our four-wheeled gas-powered chariots for a modest two-wheeled variety: the bicycle. But first we must figure out how to get to our destination.

Vancouver is home to a plethora of cycling routes, but they are not created equal, including what we inhale as we pedal along.

Tiny airborne particles called "particulate matter" are common air pollutants that have been linked to respiratory diseases and other negative health effects.

Experts believe that smaller "ultrafine" particles pose more serious health threats than the larger ones.

Some of Vancouver's bicycle routes expose cyclists to more particulate pollution than others. Larger particles are commonly found near construction sites, while ultrafine particles are more abundant on routes with heavy traffic or industrial emissions such as the Burrard Bridge, West Georgia Street and Burrard Street. Residential areas and parks have lower concentrations of all particle sizes.

We're no worse off than other urbanites: Particle concentrations along Vancouver's bicycle routes were comparable to other cities. Furthermore, concentrations encountered by cyclists are often much lower than those measured inside a motor vehicle!

So next time you venture out for a ride, you can pride yourself that not only is cycling keeping our air clean, but you can better enjoy that clean air from the vantage of your bicycle.

Kai Chan is an assistant professor and Canada Research Chair at the Institute for Resources, Environment, and Sustainability (IRES) at UBC. Amy Thai is an MSc graduate from UBC's department of geography.

Polluted bike routes

- Some of the more polluted bicycle routes in Vancouver:
- Burrard Bridge
- West Georgia Street
- Burrard Street
- Particle concentrations encountered by cyclists are often lower than those inside a car.

Canadians dedicated to going green: Survey

Some Canadians are willing to go to extraordinary lengths in their commitment to environmental-friendliness.

In fact, the first TD Friends of the Environment Foundation "How Green Are You?" survey revealed that two per cent of Canadians even ended a relationship with someone who didn't care about the environment.

While most won't go to those extremes, when it comes to being environmentally responsible 96 per cent of Canadians give themselves a passing grade.

The survey also found:

- 94 per cent of Canadians report they recycle — 43 per cent recycle everything and 51 per cent recycle when convenient.

25 When asked to grade their environmental-friendliness, 25 per cent gave themselves an "A" and nearly 60 per cent gave themselves a "B." Only two per cent gave themselves an "F" and said they did not really care about the environment.

- 82 per cent of Canadians say they use reduced-energy light bulbs in their home.
- One-half of respondents say they unplug appliances, like the toaster, when not in use.
- Close to one-third say they regularly walk or bike to work or school.
- 21 per cent take public transportation regularly.

NEWS CANADA

Over one million Canadians choose 10•10•yak for long distance…
Check out www.yak.ca for details.
Effective June 1st, we've dropped our rates to over 50 destinations!
…and here's why.
No Sneaky Fees with 10•10•yak! When we say no sneaky fees, we mean it. Most people don't even know their phone company charges a monthly access fee buried somewhere in their bill.
No Minimum Fees with 10•10•yak! Some companies like 10•10•100 offer a low rate, but then you find out you have to pay a 25¢ minimum fee. Why can't they just be straight shooters like Yak? Well, the answer's simple – you're attracted by the low rate and they hope you don't notice you're paying more. Egad! That's not the Yak way.
No Promo Pricing at Yak! Sure we could offer you a month or two for "free" and then jack up the rates, or offer $10 off some service and then … whammo, you find your bills are right back up there. Did you know that never in Yak's history have our rates ever gone up! Rates always go down and you AUTOMATICALLY get the best rate possible.
No Contracts*! Use us when you want to. Just try and do that with a big telephone company. Once you've signed one of their contracts you'll find your provider jacks up the rates regularly or boost the monthly fees or the access fees. To make matters worse, see what happens when you try to cancel! Get stuck paying back months of "savings" or else. How about access fees? Until Yak challenged the fee with the CRTC – and won – Telus charged its customers without long distance plans $2.95 every month to access their system. Even if they didn't make use of it!
REMEMBER: Yak is a nationally available 10•10 company and our rates never go up. You'll never pay any fees whatsoever. With Yak, there are no contracts, there are no credit checks and all calls appear on your local telephone bill.
What is Dial-Around? 10•10•yak (925) is a simple seven-digit code you dial before every long distance call you make. After dialling 10•10•925 do not wait for a dial tone, simply dial the long distance number you're calling in one continuous sequence. For North America: dial 10•10•925 + 1 + area code + number. For overseas: dial 10•10•925 + 011 + country code + number. No extra bill, no hassle, no contracts. Just great Yak rates.
Just call 1•866•473•0690 or visit www.yak.ca and we'll show you why over one million Canadians choose Yak.
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To start saving today just dial 10•10•925 before your long distance call.
*Terms of Service apply; for full details visit www.yak.ca. Yak services are not available in all areas. Please call 1-866-473-0690 for availability and full service details.

Home Fashion

Elements of an exotic landscape

Turning an urban space into a lush setting

Once upon a time, a string of plastic Tiki lights could pass for tropical outdoor décor. But those days are long gone.

In fact, achieving an exotic-flavoured landscape nowadays tends to be an exercise in winnowing out the many quality style elements on the market that only tangentially relate to the desired look (items with a vague Moroccan, Chinese, Japanese or African air come to mind).

Stick to dark-stained wood furniture and structures and overscale planters, and add subtle touches like a low-key water feature and a Buddha made from stone or wood. Take a pass on cushions or other textiles that are overly bright or loud (kitschy palm-tree prints are definitely not what you're after). When it comes to plants, the bigger, the better — fast-growing, large-leaved banana plants are increasingly available from local nurseries, and look great in containers.

METRO NEWS SERVICES

SUMMERWOOD PRODUCTS

Above, the Bali Tea House from Summerwood Products is a majestic structure that can be used as a gazebo, home studio or spa enclosure. See *www.summerwood.ca*.

SUMMERWOOD PRODUCTS

Above, the San Cristobal from Summerwood Products is an elegant structure that can be used as a gazebo, home office, cabana, spa enclosure and more. The company offers prefab kits built to specification for a variety of outdoor structures; see *www.summerwood.ca* for more information.

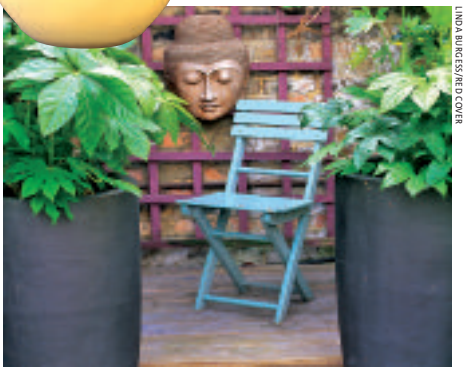
Left, the Luau rechargeable lantern from Vessel is a portable lighting source that casts a soft glow. See *vessel.com* for details.

Look for Buddha heads or statues in wood or stone — metal versions can be a bit too jarring for this look.

VALLEYBROOK GARDENS

Banana plants are increasingly available at local nurseries. They're great in containers, and can be overwintered indoors. Left, Musa lasiocarpa from Valleybrook Gardens' Heritage Perennials line. See *www.perennials.com*.

Above, a forest of giant bamboo may be a challenge in this climate, but certain types of bamboo are indeed hardy here. A great B.C.-based resource is *bambooworld.com*.



LINDA BURGESS/RED COVER

NEIL EMMERSON/ROBERT HARDING WORLD IMAGERY

Left, sleek, overscale planters fit the modern exotic look very well; glazed ceramic pots in deep blues and greens also work. Above, take inspiration from this image from Thailand, and float blossoms in containers for a special occasion.

Where the buying experience is as good as new. gmoptimum.ca

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Storage Get more mileage out of the horizontal space in your bedroom with sliding storage bins you can keep under your bed. Stick a label on the outside of each container so when you peek under the bed you'll know exactly what you're looking at. HGTV.COM

House & Home

Create a cheap and cheerful pebble backsplash

UrbanDweller
Carlyn Yandle

carlyn.yandle@metronews.ca

Last week's column on tile might have interested readers who have home-improvement funds. Maybe that's not you, or maybe you're a renter under strict orders not to alter the place. If so, kindly direct your attention to this week's summery project: the removable pebble backsplash.

Basically, this is a piece of plywood cut to the specific dimensions of the space between the counter and the bottom of the upper cabinets, covered with a layer of smooth pebbles, and installed using wood screws and wall anchors. (This is a good project for a wall that does not have switchplates or outlets.) Start by measuring the space, then drawing the dimensions on a piece of cardboard, adjusting to fit. Take it down to Windsor Plywood or your favourite wood supplier and have a staffer trace and cut you your piece out of a minimum half-inch plywood.

It's a good idea to begin your pebble backsplash with a test piece. This one explores using light and dark pebbles to create a pattern.

Pick up a small tub each of tile mastic and premixed grout (I get mine at Home Depot), scoop up a good bucketful of pebbles at your nearby beach and, back home, rinse the rocks in fresh water to remove the salt. Lay them all out on a towel to dry.

Next, mark some logical spots for screws around the perimeter of your board, and drill some pilot holes.

This is a project not done all at once, but in stints, over days, or maybe weeks, like knitting.

Set yourself up at a table with your board, mastic, a thin spatula and a load of pebbles that are no bigger than an inch. Pick up a pebble, butter the flattest side with a generous blob of tile mastic, then affix to one end of the board. Repeat, fitting each buttered together. This is a project not done all at once, but in stints, over days, or maybe weeks, like knitting.

Let your friends in on the job, or watch a movie while you work. Once it's done and dried, spread the grout over sections of the pebble surface with the spatula, using your fingers to 'point' the grout into the gaps. Wipe down the excess as you go, using a dampened dishwashing sponge, to reveal the pebbles below.

Once the grout is fully dry you can scour the pebbles with an abrasive like Vim to remove the final film of grout. Mount the board on the wall to mark the anchor spots with a nail, remove, install anchors, then re-mount the board. Add a bead of clear silicon sealer at the base and you're done.

Carlyn Yandle has her own room-planning business, Home Reworks, www.homereworks.com.

ArrestingDesign

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Before

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How to store herbs: Just clip, rinse well and use. If buying a bunch, wrap stems in a damp paper towel or place stems in glass of water, loosely covered with a plastic bag and refrigerate. Herbs retain more flavour if left on stems until needed. Having your own herb garden means clipping 'just in time'. Just before using, rinse under running water and dry on paper towel. METRO NEWS SERVICES

Food

"Sturdier herbs such as rosemary and thyme keep longer than soft leaf herbs — basil, chervil, marjoram, dill, chives, tarragon and cilantro."

-Barb Holland/for Metro Vancouver

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

À la carte

Barb Holland
Metro Food Writer

Herb garden delights

I'm the first to admit I'm somewhat gardening challenged (it's the weeding I dislike), but I do grow a few tomato plants, a rhubarb plant that grows itself and pots and pots of herbs. It's such a pleasure to nip just the amount you need to toss in salads, vegetables, sauces ... and much more. Just be sure to clip your herbs just before using and use often:

• Add fresh herbs to salads, toss some chive flowers in the mix for a surprise.
• Put sprigs of herbs — thyme, rosemary or sage on the grill of preheated barbecue, then place a boneless chicken breast, pork chop or fish steak or filet directly on the herb to infuse a smoky herb flavour. Place herb sprigs under the skin of chicken or turkey before roasting or grilling.
• Use sturdy rosemary sprigs as skewers when grilling baby potatoes, vegetables or pieces of fish. Use a metal or bamboo skewer to pierce ingredients, then insert the rosemary through the holes made by skewer.
• Try lemon thyme in potato or pasta salads, mashed potatoes or with fish.
• Pair tarragon with fish, particularly salmon, and add to salads, scrambled eggs, herb butters or sauces.
• Mint is a classic with new potatoes and lamb, green peas and beans, fruit salads and iced tea.
• Oregano is wonderful with lamb, fish and vegetable dishes and salads.
• A tradition in stuffing, try sage with winter squash, on pizzas and with pork and chicken.
• Try dill in bread, sauces and egg dishes, with potatoes, fish, seafood and lamb. Toss in coleslaw, potato salad, or blend with cream cheese to serve with smoked salmon or trout.

Picked fresh from the garden, fresh herbs say summer in a big way. As for pesto, right, you can use it in countless dishes.

Classic Pesto

Pesto is not limited to basil. Try cilantro, parsley, mint, marjoram or arugula. If you have a bumper herb crop, make pesto and freeze some of it. Ice cube trays are handy as you can pop out a cube or two as needed. Once frozen, pop pesto cubes into a freezer bag and use within 6 months. Aside from topping pizza or tossing with pasta, use to flavour cooked vegetables, stir into soups, stews or sauces. Top grilled fish, chicken or pork with pesto before cooking or spoon into mashed potatoes or on baked potatoes. Stir into cream cheese for a quick spread or into a yogurt or sour cream and mayonnaise mixture for a dip. Spread pesto on grilled bread before adding chopped tomatoes for a zesty bruschetta. Stir into egg mixture before scrambling or making frittatas or omelettes.

INGREDIENTS:
1-1/2 cups (375 mL) cups loosely packed fresh basil leaves
1/4 cup (60 mL) flat leaf parsley leaves
1/4 cup (60 mL) pine nuts, lightly toasted
2 cloves garlic, roughly chopped
1/2 cup (125 mL) freshly grated good quality Parmesan cheese
1/3 cup (75 mL) extra virgin olive oil
Salt and pepper

METHOD:

Combine and whirl basil, parsley, pine nuts and garlic in food processor or blender until chopped. Add cheese; gradually pour in oil, processing until smooth. Season to taste with salt and pepper. Transfer to a small bowl and cover with plastic wrap, pressing plastic wrap on surface to prevent browning. Use within a week, or freeze. Makes about 1 cup (250 mL).

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Popsicles all grown up

Pops!: Icy Treats for Everyone introduces a whole new Popsicle — cool treats today's grown-up kids will be proud to serve. Author Krystina Castella is a writer, industrial designer, and faculty member at the Art Center College of Design in Pasadena, California. Quirk Books gave Metro a recipe for these refreshing, fruity treats:

Blueberry Cheesecake Pops

These pops are based on my all-time favourite rendition of my classic no-bake cheesecake recipe. Silicone molds or paper cups are the best molds for these pops. Makes six 8-ounce pops or eight 6-ounce pops

INGREDIENTS:
Blueberry Topping:
3/4 cup blueberries
1 1/2 tablespoons cornstarch, sifted
2 teaspoons fresh lemon juice
1/4 cup sugar
Cheesecake:
8 ounces cream cheese
1/2 cup sugar
1/2 cup sour cream
1 cup heavy cream
2 tablespoons pure vanilla extract
2 cups blueberries
Crust:
10 graham crackers
6 tablespoons sugar
4 tablespoons unsalted butter, melted

METHOD:

To make the topping: In a saucepan, combine the blueberries, 3/4 cup water, the cornstarch, lemon juice, and sugar and cook over low heat, stirring, for 5 minutes. Remove from the heat and let the topping stand to thicken. Set aside.

To make the cheesecake: In a bowl, beat the cream cheese, sugar, and sour cream together until blended.

In a separate bowl, whip the cream and vanilla extract until the cream just starts to thicken, 1 to 2 minutes. Add the cream cheese mixture and beat for 30 seconds. Gentry stir in the blueberries. Set aside.

To make the crust: In a food processor or blender, grind the graham crackers into crumbs. Add the sugar and process until combined. Transfer to a bowl and add the butter and 3 tablespoons water, stirring until sticky. Refrigerate until needed.

Pour the topping into each mold until it is one quarter full. Freeze for 2 hours.

Pour the cheesecake mixture into each mold, leaving 1/2 inch at the top of each mold for the crust. Insert the stick. Freeze for 3 hours.

Press the crust into the pop molds. If the crust is not sticking together, add more water. Freeze for at least 4 hours.

Remove from the freezer; let stand at room temperature for 5 minutes before removing the pops from the molds.

ALT POPS!

Strawberry Cheesecake Pops: Replace the blueberries with sliced strawberries. Chocolate Cheesecake Pops: Replace the graham crackers with chocolate cookies and shaved chocolate. Replace the blueberries with chocolate chips and 1/2 cup chocolate fudge sauce.

These pops are based on Krystina Castella's all-time favourite rendition of her classic no-bake cheesecake recipe. Pops! Icy Treats for Everyone, inset, is available at *Amazon.ca* for $13.10.

Ron Wood enters rehab
Rolling Stones guitarist Ron Wood has entered rehab for a drinking problem, his spokeswoman said on Wednesday. REUTERS

Entertainment

Jimi's guitar
One of Jimi Hendrix's favourite guitars, set on fire on a London stage more than 40 years ago and thought to have been lost, is to be auctioned later this year. REUTERS

Whole lotta snoozing

Talk of Led Zeppelin reunion tour puts Robert Plant to sleep

BRIAN TOWIE
brian.towie@metronews.ca

Expect more work from Robert Plant and Alison Krauss, but forget about a Led Zeppelin reunion tour anytime soon; it puts Plant to sleep.

During a press conference in Toronto earlier this week, where the shaggy-haired rock front man and country singer Alison Krauss were presented with platinum awards for their Grammy-winning collaboration Raising Sand, a reporter asked Plant to address rumours of reuniting with his ex-band mates following a one-off benefit concert in London late last year; Guitarist Jimmy Page stoked speculation in January, saying he's willing to participate.

Plant responded to the question by putting his head down, churning out a couple of snores and wailing, "Wake me up when she's gone."

It's evident that the exasperated Plant — who turns 60 in August — has had the biscuit with answering questions about his alma mater and would rather speak to the work of his golden years — being the success of the album and its subsequent tour that has been extended by nine dates. Plant says he jumped on to broaden his musical horizons.

"I'm just trying to develop taste before it's too late," quipped Plant while sitting next to Krauss. "These people have been very patient because if you get the wrong impression of me, it could be terribly wrong. I was a cock-rocker, but now I'm saved."

The project was in part the brainchild of producer and leader of Plant's and Krauss' backup band T-Bone Burnett — fusing a bluegrass icon with a rock legend and seeing what would transpire. Raising Sand has sold more than 1 million copies in the U.S. and more than 100,000 copies in Canada, a triumph in an age of digital downloading and piracy that neither Plant, Krauss, nor Burnett saw coming, but are hoping to repeat. Krauss confirmed that she and Plant are currently hashing out plans for a second release.

"We were just thrilled with the reaction. We're very happy about it, and yeah, we're talking about continuing working."

The unlikely pairing of Alison Krauss, left, and Robert Plant has been a surprising success. The duo's album Raising Sand has sold 100,000 copies in Canada. GETTY IMAGES FILE

music

Metallica bound for Guitar Hero

GAMING Every song from Metallica's upcoming album Death Magnetic will be available for gamers to download and play on Guitar Hero III and its sequel Guitar Hero World Tour on the same as-yet-unannounced day it is released to retail, the band said on its website.

Microsoft also mentioned the availability during the E3 gaming conference underway in Los Angeles. A dedicated Metallica Guitar Hero game in the vein of the recent Aerosmith title is also in the offing, but it's unknown when it will see the light of day. REUTERS

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Montreux lets Good Times Roll with Quincy Jones
Quincy was feted for his music and humanity at a 75th birthday party at Montreux's fabled stage this week. REUTERS

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reunion

Buckingham hits road with new CD

Buckingham

MUSIC Fleetwood Mac guitarist Lindsey Buckingham has recruited bandmates Mick Fleetwood and John McVie to help out on his second solo album in two years, and will launch a North American tour in September.

Gift of Screws will be released on Sept. 16 via Reprise Records, and is more rock-driven than 2006's acoustic guitar-oriented Under the Skin. Fleetwood and McVie, play drums and bass, respectively, on several songs, including the title track.

As for Fleetwood Mac, he said in March that the group is hoping to tour early next year, but downplayed reports that Sheryl Crow would fill in for retired member Christine McVie. REUTERS

Ledger Oscar talk premature

"All this Oscar talk is a phenomenon of the Internet age that I like to call 'a wish-fulfillment rumor.'" Leonard Maltin

Experts say it would be rare for late actor to be nominated

When the new Batman movie "he Dark Night began screenings last month before its U.S. debut Friday, some moviegoers saw Heath Ledger as an instant Oscar candidate for his role as the deranged villain, the Joker.

But Oscar watchers and veteran critics say the joke may be on fans creating mostly Internet-based buzz because an Academy Award for the Australian actor, who died of an accidental drug overdose in January, would be a rare event.

Only one actor has won an Oscar after death, Peter Finch for 1976's Network.

Dark Knight is the type of comic book, action adventure that Oscar voters generally do not favor and there are many movies to see later this year, the experts said.

Still, Ledger's critically hailed performance may bring a nomination for the U.S. film industry's top award, to be presented next on Feb. 22, 2009.

"All this Oscar talk is a phenomenon of the Internet age that I like to call 'a wish-fulfillment rumor.' If people say it often enough, they think it will happen," said Leonard Maltin, film critic for TV program Entertainment Tonight.

"That's not to say it might not happen," he said, citing a "great performance" by Ledger. "But I assure you that the people who are spreading all this are neither Oscar voters nor (Hollywood) movers and shakers."

Tom O'Neil, a columnist for award-watching website The Envelope.com, said "it really looks good" for a nomination but was "a long shot" to win.

Hollywood has a long history of seeing big stars — James Dean, Marilyn Monroe and Bruce Lee among them —appearing in high-profile films released after their untimely deaths.

O'Neil said that when Finch died, Hollywood was in the middle of Oscar season and also in shock. Prior to that, Robert De Niro was sweeping the critics' awards for Taxi Driver.

Late actor Heath Ledger portrays the character The Joker" in a scene in the new film The Dark Knight.

Veteran Oscar watcher O'Neil also sees parallels between the truncated careers of Ledger and James Dean.

"Like Heath, James Dean was a heartthrob star who was considered a serious actor, who died tragically young," O'Neil said. "He was nominated twice posthumously, for East of Eden and Giant, and he lost both times."

Even the legendary Spencer Tracy was ignored by the Academy of Motion Picture Arts and Sciences, which gives out the Oscars, after he died in 1967 just as Guess Who's Coming To Dinner? was coming. And he was the frontrunner, O'Neil said.

Tracy's co-star Katharine Hepburn did win best actress for Guess Who's Coming To Dinner?

"That's how reluctant Oscar voters are to hug the dead," O'Neil said. "These awards are all about hugs and there's something creepy about embracing the dead." REUTERS

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John Landis, Johnnie To join Venice jury

Blues Brothers" director John Landis, right and Hong Kong-based filmmaker Johnnie To will join the main competition jury at the Venice Film Festival, which kicks off next month, organizers said yesterday. REUTERS

FX to nip Tuck in 2011

Nip/Tuck will come to an end after the plastic surgery drama's sixth season wraps in early 2011, cable channel FX said this week.

The network said serialized dramas, such as Nip/Tuck, have a much different storytelling model than nonserialized shows such as Law & Order or CSI.

"If you tried to do 150 episodes of 'The Sopranos,' you would begin to diminish the quality of those shows," FX president/GM John Landgraf said during the network's presentation at the Television Critics Assn. press tour in Beverly Hills.

Nip/Tuck will wrap in 2011.

"The David Chases (Sopranos) and Shawn Ryans (The Shield), they're taking on social commentary and grand sweeping questions. If we want to go after that brass ring, we have to accept they have limited shelf life."

FX has ordered 19 additional episodes beyond the current 22-episode season that will mark final season. The show will end its run with a total of 100 episodes in early 2011, with creator/executive producer Ryan Murphy signed on through the last episode.

Nip/Tuck has already aired 14 episodes of its current fifth season; the remaining eight are set to premiere in January.

Additionally, FX said it ordered 13 episodes of a new scripted series, Testees, to debut Oct. 9. REUTERS

Going Out

7:30 p.m. Theatre Sports. At the New Revue Stage, 1601 Johnston St. Tix: $10.50-14.50. Info: *vtsl.com*.

8 p.m. The Back Kitchen Release Party. At The Granville Island Stage, 1585 Johnston St. Tix: $31-38. Info: *artsclub.com*.

8:30 p.m. Vancouver based band The Matinee performs live. At The Cellar Jazz Club, 3611 W. Broadway. Tix: $10. Info: *cellarjazz.com*.

9 p.m. Italian band The Bloody Beatroots performs live. At Caprice Nightclub, 967 Granville St. Tix: $15. Info: *capricenightclub.com*.

9:15 p.m. Ultimate Improv. At the New Revue Stage, 1601 Johnston St. Tix: $8.50. Info: *vtsl.com*.

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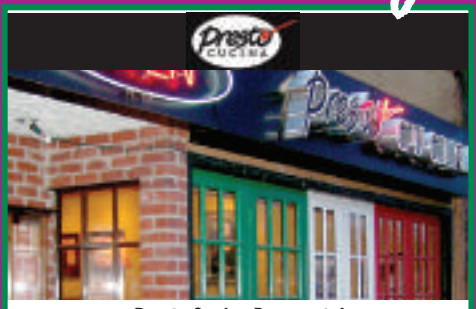

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Hume steps back at Fox News

Fox News Channel anchor Brit Hume will take a reduced role at the network following the elections. Hume won't retire completely but will no longer be Fox News' Washington managing editor nor anchor of the 6 p.m. newscast Special Report. REUTERS

Will Leno get new home on network?

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

TAKING IT ON THE CHIN: Last week, Jay Leno made a very jabbing gag at NBC, his network home, by joking about the prophetic nature of a fake newspaper headline referring to his new show on ABC. As open secrets go, ABC's courting of Leno is up there with Liberace being gay, with the major difference being that no one was trying to replace Liberace with George Michael.

As we all know, Leno is being eased out from behind the desk on the Tonight Show so that Conan O'Brien can move west and goose up the youth demographic on the show — or at least that's the theory from the folks in marketing. "I can't believe that they're going to let this guy go at the top of his game," ABC entertainment president Steve McPherson said about Leno to a crowd of journalists at the TV Critics Association summer press tour yesterday, underlining his interest in giving Leno a new home on his network.

To dispel rumours that giving Leno a deal would put Jimmy Kimmel's nose out of joint, ABC had Kimmel infiltrate the ranks of the press at the tour, pretending to be a reporter from Syracuse, NY, and the newly single chat show host "peppered" McPherson with questions about Leno, and whether a certain talk show host currently employed by the network would be angry about sharing the spotlight.

According to a story in TV Week, McPherson said Kimmel "was going to be an asset for us for many years to come," Broadcasting & Cable magazine had McPherson adding "I can't say enough about Jimmy, his show just exploded this year."

GETTY IMAGES

Leno is being eased out of the Tonight Show so that Conan O'Brien can move west and attract a younger demographic.

If you're wondering why two big networks are giving each other the hairy eyeball while making a big show about the value of a talk show host holding a pink slip, you have to remember that late night talk, like "event" reality TV shows, such as Idol or So You Think You Can Dance, are the last two remaining non-news programming that networks can rely on to draw viewers to the TV either at the time they air or very shortly after they've TiVo'd the show.

As a very scary new world of season-free, on-demand, downloaded TV content teasingly dawns, the networks are desperate to cling to a business model they understand, and a tug of war over a second-rate stand-up comic is just the sort of thing to distract them from the very pressing business at hand, for which they're both ill-prepared and essentially unprepared. If there were a score of Lenos to keep viewers glued to their tubes on a clockwork schedule, the network future would be bright, but right about now it's more like the opening scene of The Wizard Of Oz, all ominous, sunless skies and brewing twisters on the horizon, and they'll be getting scant comfort from pretending Leno is homecoming queen.

"If there were a score of Lenos to keep viewers glued to their tubes on a clockwork schedule, the network future would be bright."

Rick McGinnis writes about music, movies, books and television, but not opera.

Michael J. Fox.

Fox guest stars on Rescue Me

TELEVISION Actor Michael J. Fox, semi-retired from show business due to Parkinson's disease, will return to television next spring as a guest star on the firefighting drama Rescue Me, the FX cable network said Tuesday.

Fox, 47, will portray the wheelchair-bound boyfriend of the ex-wife of the show's lead character, New York City firefighter Tommy Gavin, played by Denis Leary, said FX spokesman John Solberg.

Canadian-born Fox has signed on to appear in four episodes of the upcoming fifth season, starting with a premiere episode in the spring. REUTERS

Katie Holmes' return to Eli Stone

Katie Holmes

REPRISING ROLE Actress Katie Holmes will make a guest appearance on ABC's critically acclaimed Eli Stone this season, returning to U.S. network television in a role that will feature her singing and dancing, network executives said on Wednesday.

Holmes, 29, who is married to film star Tom Cruise, is due to shoot the guest spot before she makes her Broadway debut this fall in a revival of Arthur Miller's All My Sons, alongside Dianne Wiest and John Lithgow.

ABC Entertainment President Stephen McPherson, speaking to a gathering of reporters, said Holmes had wanted to reunite with Eli Stone executive producer Greg Berlanti. REUTERS

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 7/17/08	251	308	3 CBC	Coronation St.	Who Do-Think	jPod (CC) (DVS)		The Call (N) (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6 CH	E! News	The Insider	Greatest American Dog (N)		Heath Ledger: THS		Fear Itself "New Year's Day"		News (N)
	254	-	8 M	Law & Order: SVU		Mandarin News		News	Interactive	Punjabi News (In Punjabi N)		The Simpsons
	250	321	9 CTV	eTalk (CC)	Hollywood	CSI: Crime Scene Invstgtn.		So You Think You Can Dance		Law & Order: Criminal Intent		News (N)
	-	-	10 OMNI	According-Jim	George Lopez	Coach (CC)	Growing Pains	Darling Buds of May		The Daily	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Last Comic Standing (N) (CC)				Swingtown "Heat Wave" (N)		News (N)
	256	389	12 VI	Degrassi	Friends (CC)	Private Practice (CC)		Grey's Anatomy (CC)		Stargate SG-1 "Ripple Effect"		News (N)
	253	359	13 CITY	Wheel-Fortune	Jeopardy! (N)	Ugly Betty (CC)		Supernatural (CC)		Hopkins (N) (CC)		Realty TV
	-	-	14 CW	'70s Show	'70s Show	Smallville "Fracture" (CC)		Supernatural (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Greatest American Dog (CC)		CSI: Crime Scene Invstgtn.		Swingtown "Heat Wave" (N)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Last Comic Standing (N) (CC)				Fear Itself "New Year's Day"		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Open House	House	House
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty (CC)		Grey's Anatomy (CC)		Hopkins (N) (CC)		News (N)
	-	-	26 KVOS	M*A*S*H	Scrubs (CC)	The Daytrippers ★★ (1996) Hope Davis, Pat McNamara.				Cheers (CC)	Scrubs (CC)	Seinfeld
	291	383	27 PBS	Steves Europe	Ask This Old	Nature "Shark Mountain"		Nova (CC) (DVS)		Masterpiece (CC) (DVS)		
	290	382	28 FOX	Two/Half Men	Two/Half Men	Smarter Than a 5th Grader?		So You Think You Can Dance		News (N) (CC)		Family Guy
	-	364	48 PBS	The War of the World (N)		Red Green	Time Goes By	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Hometime
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Cheers (CC)	South Park	Comics Un.	Half & Half	Entertainment	The Insider	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	Smallville "Fracture" (CC)		Supernatural (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	Sex and-City	Friends (CC)	Will & Grace	Will & Grace	My Wife-Kids
	297	652	37 WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	Frasier (CC)	George Lopez	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		(:37) Last Comic Standing (N) (CC)			Late Late
news	502	390	29 NW	The Nature of Things (CC)		CBC News: The National (N)		CBC News: The National		The Nature of Things (CC)		National
	500	500	69 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	(6:00) MLB Baseball Pittsburgh Pirates at Colorado Rockies.				Sportsnet Connected (Live)		Sportsnet Connected (Live)		Boxing
	400	400	30 TSN	CFL Football Hamilton Tiger-Cats at Calgary Stampeders.				SportsCentre	Motoring 2008	Poker Night (Taped)		SportsCentre
	411	457	49 OLN	Cycling		Don't Forget Your Passport		Cycling Tour de France Stage 12. From Lavelanet to Narbonne, France.				
	410	403	54 SCR	Score Update		Schwab	Score Update	Score Update		Score Update		Score Update
	417	406	55 SC	Wrecked (N)	Wrecked (N)	Pinks	Pass Time	Pinks -- All Out		Pinks -- All Out		Wrecked
	416	409	444 GLF	Fútbol Ecuatoriano		Gol TV News		Extra Time		Gol TV News		Gol TV News
family	552	543	25 YTV	Malcolm-Mid.	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach "Wake Jam"		Mystery Hnt.
	555	545	50 TEL	George	Merrie Melody	Loonatics	6teen	Total Drama	Futurama	Batman Forever ★★ (1995) Val Kilmer.		
	557	541	51 FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Dragon	Backyard	Dora-Explorer	Go, Diego, Go!	Treetown	Comfy Couch
cable variety	268	354	3 KNO	Profiles of Nature (CC)		Big Ideas	Design e2	Around the World		No. 57: History-House		King-Empire
	575	583	20 CMT	(6:00) CMT Giants: Reba		Dedicated "Mary Jo Eustace"		CMT Giants: Reba Singer/actress Reba McEntire is honored.				Ed (CC)
	570	580	24 MM	Instant Star	MuchTopTens		Gone Wild	Punk'd (CC)	Gone Wild	Muchmusic Countdown (CC)		
	600	564	29 H&G	Junk Brothers	The Big Flip	Holmes on Homes (CC)		Restaurant Makeover (CC)		The Fix (CC)	Disaster DIY	Junk Brothers
	615	520	31 A&E	The First 48 (CC)		Crime 360 (CC)		The First 48 (CC)		The First 48 (CC)		The First 48
	628	584	32 SPKE	(6:00) TNA iMPACT! (N) (CC)		UFC Countdown		MANswers	Factory	Wild World	The Thomas Crown Affair	
	521	560	34 TLC	Miami Ink Drag-racing school.		American Chopper (CC)		Miami Ink Drag-racing school.		Monster G	Monster G	LA Ink (CC)
	616	522	39 SHO	ReGenesis "Escape Mutant"		Intelligence (CC) (DVS)		G-Spot (CC)	Exes & Ohs	Secret Diary	Secret Diary	House (CC)
	620	523	40 BVO	(6:00) Crusoe ★★★ (1988)		Law & Order "Aftershock"		Without a Trace "Lone Star"		Entourage	(:45) The Mystic Masseur (CC)	
	601	562	41 SLC	The Biggest Loser (CC)		Rich Bride, Poor Bride (CC)		Last 10	Bulging Brides	The Biggest Loser (CC)		Trading Sp
	520	505	42 DIS	MythBusters Three gun myths.		Daily Planet (CC)		Sport Science		Mayday "Southern Storm"		Mayday (CC)
	522	506	44 HIS	NCIS "Hometown Hero"		UFO Files (CC)		UFOs and the Cold War		NCIS "Hometown Hero"		Crime Stories
	627	528	45 SPC	(6:00) The Triangle (CC)		Stargate SG-1 "Enemy Mine"		Star Trek: Voyager (CC)		Star Trek: Enterprise (CC)		Star Trek Gen.
	294	650	47 TBS	Dumb & Dumber ★★ (1994) Jim Carrey, Jeff Daniels. (CC)				Sex and-City	Sex and-City	Bill Engvall	(:40) My Boys	Space Cb
	619	525	48 TROP	Inside Hollywood "Murderer"		ET Canada	What	Family Guy	Seinfeld	Seinfeld	Frasier (CC)	Family Guy
	603	561	62 FN	Secret Life of	Secret Life of	Ace of Cakes	Ace of Cakes	Iron Chef America (CC)		Unwrapped	Unwrapped	Secret Life of
	626	547	57 COM	Air Force	22 Minutes	Laughs	Rick Mercer	The Simpsons	South Park	VIP	Tom Green	Daily Show
	320	621	60 CEN	(6:25) Black Eyed Dog (2006)		Already Dead (2007) Ron Eldard. Premiere.		(:45) Harry Potter and the Order of the Phoenix ★★★ (2007)				
	581	566	101 MTV	True Life Relationships. (N)		MTV Live	Second Half	Next (CC)	Next (CC)	True Life Relationships. (CC)		MTV Live
	261	394	102 V	(6:00) Manhattan ★★★ (CC)		Emily of New Moon (CC)		Manhattan ★★★ (1979) Woody Allen, Diane Keaton. (CC)				Paid Program
	-	-	106 MUL	The Land	Daughters	Vancouver	Main Office	Dheeyan Ghar	Sadabahar	Mor Deo Koi	Desi Rhythms	Patrol World

critics' corner

The Triangle

A billionaire (Sam Neill) who's lost many ships in the Bermuda Triangle assembles a team of experts to investigate the mystery in this three-part miniseries. They include an oceanographer, a meteorologist, a psychic and a tabloid journalist (Catherine Bell, Michael Rodgers, Bruce Davison, Eric Stoltz). Not on the team but a big help to the investigation is a survivor (Lou Diamond Phillips) of a Triangle disaster who hasn't been right since. 6 PM on SPC

Supernatural

Wiccans, be warned: This episode is not kind to witches. In Massachusetts, Sam and Dean (Jared Padalecki, Jensen Ackles) encounter a coven of witches who, under control of a powerful demon, have killed two people. Ruby (Katie Cassidy) warns them against messing with this demon, but they're not listening. When they meet the head of the coven, she hits them with a revelation about Ruby in "Malleus Maleficarum." 6 PM on WGN WPX

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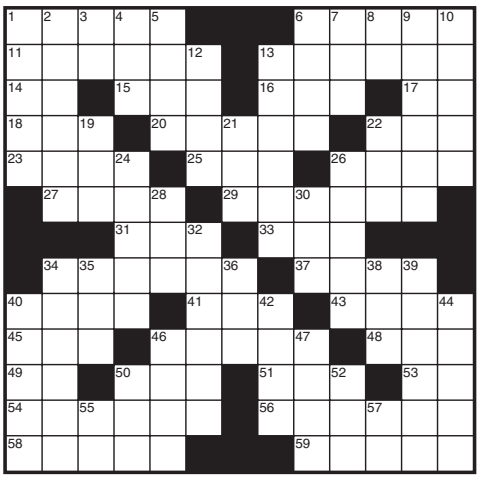
Director Terry Gilliam has slammed the promotional campaign for the new Batman movie — insisting movie bosses are using Heath Ledger's tragic death to generate publicity for the movie. IMDB

Take Five



Crossword across

1 Pungent spice
6 Opens wide
11 Did not cook (2 wds.)
13 Plush fabric
14 Greek "M"
15 Fury
16 Hole-making tool
17 Ozarks st.
18 Not an amateur
20 Greenish-blues
22 Rollover subj.
23 Catch
25 Not even one
26 Sailed through
27 Iffy attempt
29 Book lover
31 Not opposed
33 "Futureworld" name
34 Not in tune (hyph.)
37 Evergreens
40 Poles' connector
41 Head, slangily
43 Shaggy animal
45 Combine
46 Natural ladle
48 Kind of vaccine
49 GI tag
50 Frazier foe
51 Beagle feature
53 Lama's chant
54 — counter
56 Generator
58 From Bali
59 Willow tree

Crossword down

1 Roughs it
2 Traffic no-no's (hyph.)
3 Note before mi
4 French monarch
5 Mongol dwelling
6 Hedge shrubs
7 More than most
8 Wheeling's loc.
9 Less distant
10 Famed violin
12 Summer job seeker
13 Hill opposite
19 Nutritious grain
21 Ventilate
22 Polar cap
24 Fish landers
26 Bob Hope specialty
28 — choy
30 — Wiedersehen
32 "Woman with Fan" artist
34 Water and rust
35 Tight spot
36 — must be joking!
38 NBA official
39 Seven-veil dancer
40 Pablo's girl
42 Multiplied
44 Unfounded report
46 Campbell of country
47 The Banana Boat Song (hyph.)
50 Muslim honorific
52 Hosp. workers
55 Sundial numeral
57 Three-toed sloth

previous day's answer

P	O	O	F		S	P	A		W	A	F	T
E	L	S	E		A	H	S		A	L	A	I
P	A	L	I		N	I	P		D	I	C	E
		F	O	G	G	Y			L	I	T	E	R
			N	O	O	D	L	E				
M	O	N	E	T		E	O	S		H	I	S
O	W	E	D		W	A	G		E	A	C	H
A	L	E		F	A	N		L	A	T	H	E
			O	Y	S	T	E	R				
M	A	T	T	E			R	O	M	E	O	
O	V	E	R		E	V	E		U	R	A	L
T	I	N	A		R	I	A		F	I	R	E
E	D	D	Y		R	A	T		F	E	S	T

950,000
Metro readers do it daily!
metro
Do it daily.
SOURCE: NADbank 2007, read yesterday; BASE: Montreal CMA, Ottawa-Gatineau CMA, Toronto CMA, Vancouver CMA

This day in history

JULY 17, 1682: Catherine II becomes tzar of Russia upon the accidental murder of Peter III of Russia.
JULY 17, 1791: Members of the French National guard under the command of General Lafayette open fire on a crowd of radical Jacobins at the Champ de Mars, Paris, during the French Revolution, killing as many as 50 people.
JULY 17, 1944: In World War II napalm incendiary bombs were dropped for the first time by American P-38 pilots on a fuel depot at Coutances, near St. Lô, France.
JULY 17, 1962: The "Small Boy" test shot Little Feller I becomes the last atmospheric nuclear test detonation at the Nevada Test Site.

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Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Reinforce a friendship with fairness. Play by the rules and don't stress out on winning. A control freak will throw a tantrum.

TAURUS
APRIL 21-MAY 21
Your powers of endurance will come in handy. A meeting sparkles with excitement. Show leadership to please a partner.

GEMINI
MAY 22-JUNE 21
The breaking point is reached in a relationship. Decreasing restrictions is a good idea. Someone who needs help will cause a delay.

CANCER
JUNE 22-JULY 22
Don't interfere in a stranger's argument. Surprise others with your enthusiasm. A man will try to hinder your plans.

LEO
JULY 23-AUG 23
You'll laugh when you see a quirk of fate. An old-fashioned guy clears up bad conditions. A self-sacrificing trip must be taken soon.

VIRGO
AUG 24-SEPT 22
A kinky onlooker will provide some sensible advice. A neighbour can be generous. Very strange things are afoot.

LIBRA
SEPT 23-OCT 23
Ask for some time off to get something done. A dramatic situation is made zesty by a heart-to-heart chat. A spirited adversary is attentive.

SCORPIO
OCT 24- NOV 22
Sneaky behaviour is replaced with uncertainty. A power struggle is amusing. A problem with a lovely chat gives you a great idea.

SAGITTARIUS
NOV 23- DEC 21
Someone wants you to create mayhem. A bully's antagonism can be overcome. A manager is bizarre and wacky.

CAPRICORN
DEC 22-JAN 20
Think twice before taking a chance with good advice. Your plans need fine-tuning. A relative will keep a secret.

AQUARIUS
JAN 21-FEB 18
Good luck will come before you know it. A revelation is found after taking a chance. A friend wants to do something special.

PISCES
FEB 19-MAR 20
Refuse to watch a suspenseful film. A higher-ranking person will be responsible for a predicament. There's an urgency to build bridges.

Sudoku

7		4				6		1
3		5		8		9		2
			4		1			
		6	3		2	7		
		8	9		5	2		
			5		7			
4		7		6		1		3
9		3				5		8

INSTRUCTIONS:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

9	8	4	2	3	5	1	6	7
7	2	3	6	1	9	5	8	4
1	6	5	7	4	8	2	9	3
6	7	2	3	9	4	8	5	1
8	3	9	1	5	7	6	4	2
4	5	1	8	6	2	7	3	9
2	4	7	5	8	3	9	1	6
5	9	6	4	2	1	3	7	8
3	1	8	9	7	6	4	2	5

SOLVE TIME IN MINUTES:
Under 13 . . . . . Genius
13-17 . . . . . Scholar
17-21 . . . . . Smart
21-25 . . . . . Not bad
25+ . . . . . Keep practicing

Vancouver weather

The Weather Network
theweathernetwork.com

Afternoon	Tonight	Friday	Saturday	Sunday
Partly cloudy. 21°	Clear. Low 14°	Variable. 20°/ 14°	Partly cloudy. 21°/ 14°	Sunny. 21°/ 14°

Temperature
Normals
High: 22.4°
Low: 13.1°

Records
High: 30°/1941
Low: 8.9°/1939

Sunrise: 5:26 a.m.
Sunset: 9:10 p.m.
Moonset: 4:24 a.m.
Moonrise: 9:14 p.m.

TWN incorporates MSC data

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Freeman feared for McAvoy's health

Morgan Freeman feared for James McAvoy's health on the set of their movie Wanted, after witnessing his co-star pushing himself to the limit. McAvoy was required to slave four nights a week in the gym to transform his physique. IMDB.COM

Celebrity Buzz

Weight gain was for role says Longoria

RUMOURS Eva Longoria Parker has laughed off rumours she is pregnant, insisting her recent weight gain is for her role in TV series Desperate Housewives.

The actress claims her new bob-style haircut and slightly fuller figure are a reflection of changes in the life of her on-screen character Gabrielle Solis, who becomes a mother-of-two in the forthcoming fifth season.

The star's representative, Liza Anderson, tells *People.com*, "She's a worn out mother with two kids. And even that (the weight gain) was not enough. She's also wearing butt pads and a stomach pad to play the part."

Longoria Parker, 33, has been dodging rumours she is expecting her first child after she was photographed in a bikini with an apparent baby bump while on a European vacation last week.

METRO NEWS SERVICES

ALL PHOTOS GETTY IMAGES

Alba talks of Zen-like birth

BIRTH New mom Jessica Alba refused to make a sound during the birth of her newborn daughter — because she wanted the experience to be like a "meditation," *imdb.com* reports. The 27-year-old star gave birth to daughter Honor Marie — her first child with husband Cash Warren — last month. And Alba is convinced a quiet delivery room was the key to avoiding her labour pains.

She says, "I didn't scream. It was really Zen. I wanted to do it naturally. The labour was more like meditation. I did yoga breathing. I was focused."

METRO NEWS SERVICES

Kenneth Cole wins career prize

SHOES Designer Kenneth Cole's plan to sell shoes from the back of a truck has earned him the top spot in a Greatest Career Moves poll for Best Life magazine. Cole told New York city officials he was shooting a movie and they gave him permission to park his 'production vehicle' outside a major trade show. The clever move led to Cole selling a truckload of shoes and put him on the map as a top designer. METRO NEWS SERVICES

Mendes happy with low-profile stint in rehab

HELP Hollywood actress Eva Mendes has praised the world's press for not "trashing" her over a recent stint in rehab, *imdb.com* reports. The 30-year-old entered Utah's Cirque Lodge centre in February.

And although Mendes has refused to confirm exactly why she needed professional help, she is pleased by the lack of negative stories about the incident.

She says, "Actually, the media has been pretty nice to me. They've really trashed some people, so I'm actually thankful that it didn't get too crazy." METRO NEWS SERVICES

Moss says she's not in it for money

MODELLING Kate Moss has denied her career is motivated by money — insisting she has not stayed in the modelling business for the multi-million dollar contracts, *imdb.com* reports.

The British beauty has a number of lucrative deals with companies including fashion house Yves Saint Laurent and cosmetics giant Rimmel.

She also designs fashion collections for British high street chain Topshop.

But Moss is adamant that she still enjoys life as a model — because she loves being in front of the camera.

She says, "I like making money, but I don't call people up every day to see how much I've made. As long as I have what I need at the time; I mean, I can buy the house that I want. I am not completely money-oriented." METRO NEWS SERVICES

ZERO DEGREES OF SEPARATION
between you and the red carpet

Rep confirms no baby pic for Kidman
A representative for Nicole Kidman has confirmed she will not be selling pictures of her new baby Sunday Rose — and she has already turned down a string of lucrative offers. IMDB.COM

Beckinsale feared L.A. infection

LOOKS British actress Kate Beckinsale was "frightened" about moving to America — because she was convinced she would be forced to undergo a full body makeover.

The Underworld star transferred to America with her ex-husband Michael Sheen six years ago — and was worried that her English looks would set her apart from other actresses.

She tells British newspaper the Daily Express, "I was very frightened of L.A. at first. I thought the first thing that would happen is they are going to file my teeth down, inflate my bosom and just be mean to me — and that's sort of what has happened."

And the star confesses that although she is now settled with her husband and daughter she didn't foresee the domestic bliss she now enjoys. METRO NEWS SERVICES

celebrity brief

Riot closes Nelly Furtado concert

SECURITY Nelly Furtado's latest concert ended in a riot, various media reports. The Maneater singer was playing in Moscow on Sunday when Russian rapper Timati tried to get on stage to perform a planned set with her. However, venue officials refused to let Timati near the singer, leading to Nelly's security team becoming involved. The incident quickly descended into a brawl. METRO NEWS SERVICES

Jolie-Pitt twins named last-minute

BABIES New parents Brad Pitt and Angelina Jolie were so desperate to find the perfect names for their newborn twins, they were still undecided until the last minute, *imdb.com* reports.

The actress gave birth to son Knox Leon and daughter Vivienne Marcheline by Caesarian section in Nice, France on Saturday.

But according to the New York Daily News, the couple almost named their newborn son Rex.

A source tells the publication the pair ordered an embroidered play mat from baby website *plainmary.com* with the name Rex Leon Jolie Pitt — just weeks before the newborns' birth.

Jolie and Pitt are already parents to adopted children Maddox, aged six, Pax, four, three year old Zahara, and biological daughter Shiloh, two. METRO NEWS SERVICES

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A-Rod's All-Star party flops

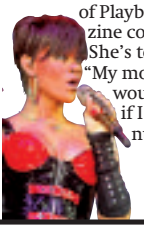
SNUB Alex Rodriguez's teammates must wish they could divorce him too. "He's become a huge distraction with the Madonna fiasco," a source told *PageSix.com*. "It's always all about him." That explains why none of his fellow Yankees went to the All-Star bash he hosted at Jay-Z's 40/40 Club Monday night.

Instead, his mommy, Lourdes, and his new best friends, Guy Oseary and Ingrid Casares, were by his side in a corner booth as he threw back shots. And Casares was then spotted leaving A-Rod's Park Avenue pad yesterday afternoon. Reps from Berk Communications, who'd slapped Madonna's name on their tip sheet for the event, kept insisting she was on her way, but she never showed. Instead, A-Rod was entertained by big-busted hotties who shimmied to Material Girl tunes and desperately tried to make eye contact with him. METRO NEWS SERVICES

celebrity brief

Rihanna says no to nudity

CLOTHED Pamela Anderson can rest easy. Songbird Rihanna won't be trying to outdo her record number of Playboy magazine covers. She's told MTV: "My mother would kill me if I posed nude." METRO NEWS SERVICES



celebrity brief

Lohan's probation going well

COURTS A Los Angeles judge agreed with the Lindsay Lohan's attorney today when he determined that she was doing well regarding the various obligations she has been required to attend as part of her probation. METRO NEWS SERVICES

celebrity brief

Andy Dick arrested for drugs, battery

CRIME Wacked out crazy comedian Andy Dick was arrested early yesterday in Murrieta, Calif. on suspicion of drug possession and sexual battery. Cops busted the 42-year-old Dick just before 2 a.m. yesterday in the parking lot near a restaurant. METRO NEWS SERVICES

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